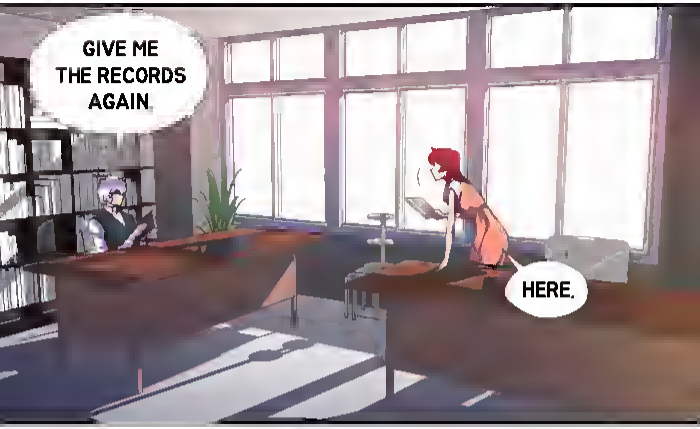
WHEW-
THAT'S STRANGE.
PROFESSOR? HE'S ON FOURTH WEEK OF BEHAVIORAL THERAPY NOW.
BUT THERE DOESN'T SEEM TO BE ANY CHANGE.


GIVE ME THE RECORDS AGAIN.
HERE.

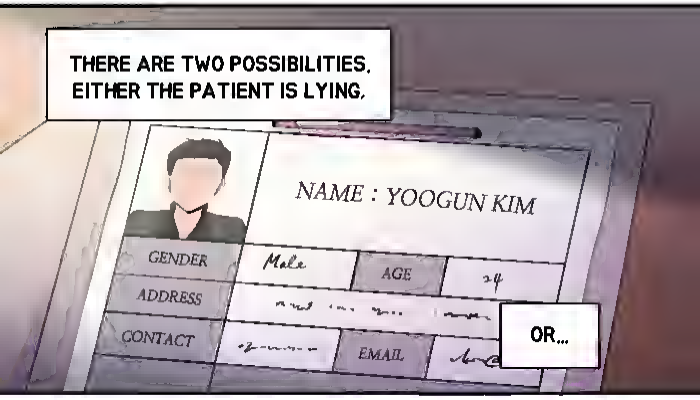
...

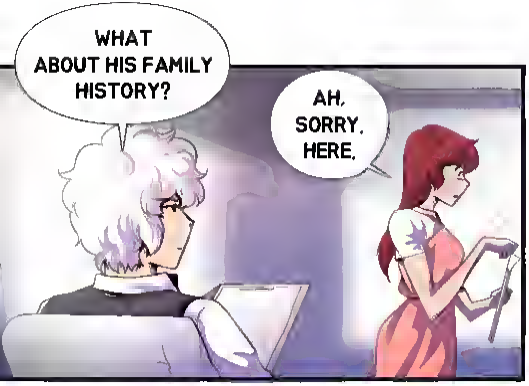
HE'S ALSO EXCESSIVELY NEGATIVE
AT EACH COUNSELING SESSION.
!?

HM...

SEONGA, I'M TELLING YOU, MY INSOMNIA ISN'T GOING TO GET BETTER THAT EASILY.
WILL THIS EVEN MAKE A DIFFERENCE?
I'VE TRIED ALL KINDS OF STUFF BUT IT DOESN'T REALLY MATTER.
WILL THIS WORK?
ARE THERE ANY SIDE EFFECTS TO THIS BEHAVIORAL THERAPY?
OR PHOTO-THERAPY OR WHATEVER

IT'S TRUE THAT EFFECTS TAKE LONGER TO APPEAR FOR SLEEP RESTRICTION OR PHOTOTHERAPY THAN FOR MEDICATION.
BUT IF YOU STICK WITH IT, THERE IS A NOTICEABLE DIFFERENCE BY FIFTH WEEK OF THE PROCESS, WHICH IS NOW.


THERE ARE TWO POSSIBILITIES. EITHER THE PATIENT IS LYING,
NAME : YOOGUN KIM
GENDER
Male
AGE
24
ADDRESS
CONTACT
EMAIL
OR...


WHAT ABOUT HIS FAMILY HISTORY?
AH, SORRY. HERE.

HIS FATHER IS A DIRECTOR AT A MAJOR CORPORATION.

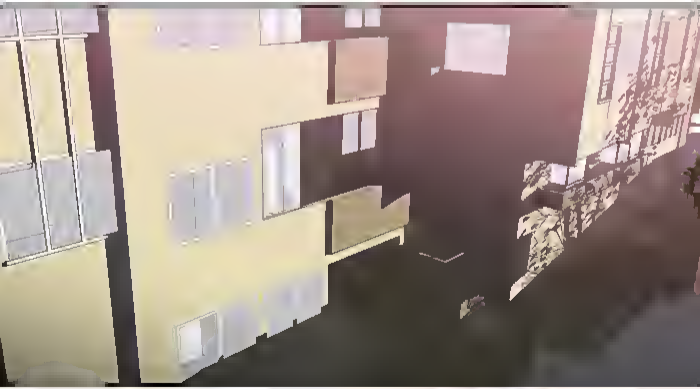
AND HIS MOTHER IS A PROFESSOR.. BOTH PARENTS HAVE ELEVATED SOCIAL STATUS.

HE HAS ONE OLDER BROTHER AND ONE OLDER SISTER.

HE SPENT A YEAR RETAKING THE SATS.

YEAH, HE SAID THAT HE WAS SICK.

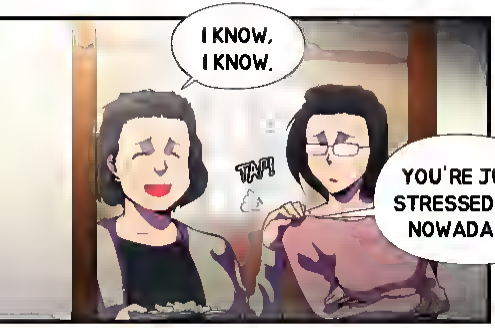
.....
DID YOU ASK HIM WHAT WAS WRONG WITH HIM AT THE TIME?
WHAT!?

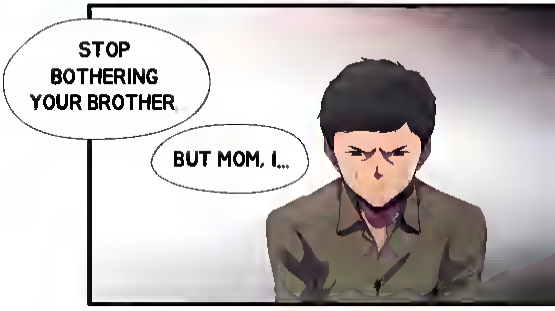


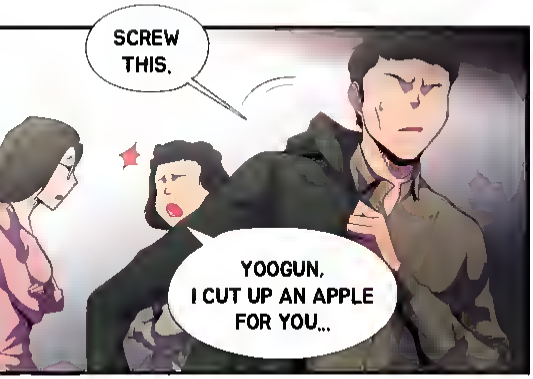
AH, COME ON! LEAVE ME ALONE!!

WHY ARE YOU SO SENSITIVE?
I WAS JUST ASKING

I'M ALREADY GETTING COUNSELING
FOR INSOMNIA!!


I KNOW, I KNOW.
TAP!
YOU'RE JUST STRESSED OUT NOWADAYS.

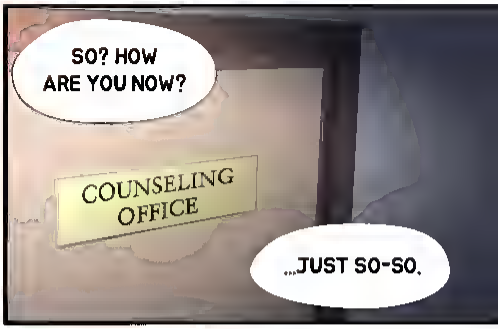

STOP BOTHERING YOUR BROTHER.
BUT MOM, I...


SCREW THIS.
YOOGUN, I CUT UP AN APPLE FOR YOU...

SLAM!
.....
WHEW...

BY JONGBEOM LEE

- INSOMNIA (4)


SO? HOW ARE YOU NOW?
COUNSELING OFFICE
...JUST SO-SO.

YOU STILL CAN'T SLEEP?

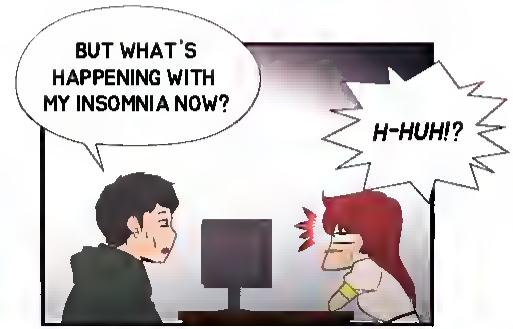
YEAH

STRANGE
HIS BODY WOULD HAVE HAD TO REACT AFTER ALL THIS

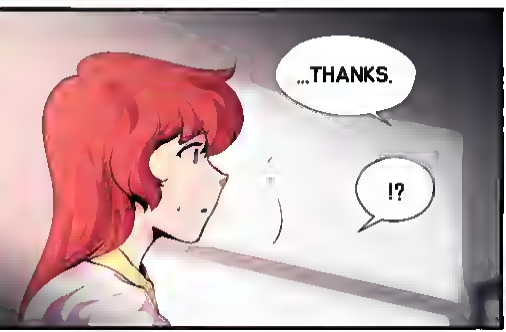
EVEN IF THE FUNDAMENTAL CAUSE OF THE STRESS IS THE BIGGEST PROBLEM,
I CAN'T JUST LET HIM GO ON LIVING LIKE THIS UNTIL HE GETS A JOB.
AH RIGHT.
YOU SAID THAT YOU RETOOK THE SATS, RIGHT?
YEAH, WHAT ABOUT THAT ALL OF A SUDDEN?

COULD YOU TELL ME A BIT ABOUT THAT TIME?
HUH? HM-
ON THE DAY OF THE EXAM. I HAD A FEVER AND A STOMACHACHE FIRST THING IN THE MORNING.
WHAT WAS THE CAUSE?
I'M NOT SURE... I DON'T REALLY REMEMBER
THAT'S SO UNFORTUNATE...

YEAH, I WAS TOTALLY FINE AND THEN ON THE DAY OF THE TEST...
YOU CAN'T GET MUCH MORE UNLUCKY THAN THAT.
WHY DID THE PROFESSOR WANT ME TO TALK ABOUT THIS..?


BUT WHAT'S HAPPENING WITH MY INSOMNIA NOW?
H-HUH!?

I DIDN'T THINK THIS WOULD BE SO INEFFECTIVE...
WHAT SHOULD I DO???


...THANKS.
!?

I'M SO GRATEFUL THAT YOU EVEN CARED ABOUT ME
DON'T WORRY. IT WILL GET BETTER
THERE'S STILL TIME LEFT IN THE BEHAVIORAL TREATMENT PERIOD.
SO LET'S KEEP TRYING UNTIL THE VERY END. I'LL KEEP THINKING ABOUT IT TOO, OKAY?

HIS BROTHER AND SISTER BOTH GOT JOBS AT BIG COMPANIES.
HE HAD A STOMACHACHE ON THE DAY OF THE SATS... SO HE RETOOK THE EXAM AND ENTERED YONGGANG UNIVERSITY.
I'M NOT CERTAIN, BUT MAYBE YOOGUN KIM'S REAL PROBLEM
IS NOT INSOMNIA.

MAYBE HE'S WRITING A FAKE JOURNAL
BECAUSE SLEEP RESTRICTION IS TOO HARO ON HIM

CLICK
SHOULO I ASK HIS FAMILY FOR HELP TO CHECK IT OIRECTLY?
!?

ARE YOU BACK FROM YOUR WALK, PROFESSOR?
CLICK
...
ASSISTANT YOON.
STOP THE TREATMENT.
..WHAT!?

IT'S MEANINGLESS FOR THIS PATIENT.
STOP THE BEHAVIORAL THERAPY.

TO BE CONTINUED

JONGBEOM LEE

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GRAOUATE SCHOOL'S PSYCHOLOGY OEPARTMENT) ET AL.

LINE Webtoon